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innovatingminds



healing together

Upskilling Frontline Practitioners to Deliver
Early Trauma Informed Support with Children,
Young People, Parents and Carers.



Welcome

Innovating Minds is a multi-award-winning social enterprise which is committed to training front-line practitioners to provide early trauma informed support with children, young people, parents, and carers. Our wrap-around service provides access to trauma informed training, resources, and coaching - ensuring that facilitators are supported every step of the way.

This sustainable model enables organisations to increase access to services, without compromising on clinical effectiveness. Our scalable delivery and support can be tailored to meet your needs.

Since 2016, our team of experts have developed the Healing Together programmes and supported children, parents and carers nationally to access early trauma informed help by people they trust, and in a space they feel safe. We truly believe that no child or family should be left behind, and that's why we work so closely with organisations and services nationally.

Dr Asha Patel Clinical Psychologist &
Founder of Innovating Minds



Our Journey & Approach

Healing Together® was born out of a request from mothers who had started their journey of recovery from domestic abuse. They wanted their children to access help but could not find anything suitable. Their children were labelled as 'naughty' and at risk of school exclusion.

We believe that children and adults are more likely to commence their journey of recovery if they have access to help from a safe grounded adult who supports them to learn body based calming tools. This helps them manage those big feelings when they are feeling unsafe. Our programme, Healing Together defines the trauma informed approach we have adopted.

Due to the increase in demand for trauma informed training outside of domestic abuse, we have expanded our library to ensure we can train more front-line practitioners to support a broader range of children, young people, parents, and carers. All programmes meet the needs of people with special educational needs, hearing difficulties, and are inclusive of gender, ethnicity, disability, and sexuality.

I know that when feeding back to Innovating Minds I used the words 'beautiful' and 'excellent' more than once to describe what I feel is an innovative and change making programme. Perhaps if the targeted support such as Healing Together was readily and freely available as soon as the need arose then even fewer of our children would need specialist support.

Elisabeth Carney-Haworth OBE,
Co-Founder at Operation Encompass

Read
article
here



The Evidence-based Approach

Our Healing Together programmes are designed by bringing together clinicians, subject experts, research, and experts by experience.

The programmes are built upon the foundations of trauma informed models:

- ✓ Relational approaches
- ✓ Neuroscience
- ✓ Attachment models

Our evaluation process is in line with the guidance from the Early Intervention Foundation and Innovating Minds works in collaboration with universities nationally to contribute to the field of research.

Innovating Minds is committed to measuring impact and ensuring the programmes continue to make a difference to people's lives. Reliable and valid outcome measures are used pre and post intervention to measure the impact and data is analysed using robust research methodologies. We regularly publish our impact reports online and create impact reports for the organisations we work with.



Our programmes have been piloted since 2016, feedback is regularly reviewed, and we update our materials in line with research developments.

Healing Together Programmes



Anger



Go Quiet



Supporting children and young people with angry feelings

This trauma-informed programme helps young people to learn about anger and how this feeling shows up in our body, brain, and daily life. The programme has been carefully put together for children to discover ways to help them feel safer, so that their angry feelings doesn't make life difficult for them.

Please note, this is not an anger management programme, and the aim is not to 'get rid' of their angry feelings. All feelings are hard wired into us for a reason.

Self-Directed Training Modules



4 Hrs

Module 1: What is anger?

Module 2: How anger looks

Module 3: Reducing anger

Module 4: A trauma sensitive practitioner

Module 5: Exploring the programme's resources

Programme Outline

Session 1: Feeling Angry

Session 2: Body and Brains
Reaction to Anger

Session 3: What does anger
look like?

Session 4: Anger and other
feelings

Session 5: Anger getting in
your way

Session 6: Free to be me plan

It is a really good group. It is ok to be scared or sad or angry. Just breathe to calm yourself down or shake side to side or around and around.

A child

6 sessions
Each session:
45-60
minutes

5-16
years

Delivered
remotely or
face to face.
1:1 or group
basis.

Since starting the group, he has had fewer anger outbursts. He has got so much better at opening up & expressing his feelings.



Becoming a Healing Together Facilitator

To join the community of Healing Together facilitators nationally, delegates will go through a robust application process, attend live training, and access self-directed learning modules before receiving access to the resources they require to deliver the Healing Together programmes.

The Journey



Application form

Choose programme/s to specialise in. Reference required.



Attend core training

2 days - online



Access to the online portal

Self-directed learning modules



Programme delivery

Access the resources to deliver with children/parents/carers



Support hub

Consultation, online community, impact administration support & CPD

Core Training Outline

Day 1

- ✓ What is childhood trauma?
- ✓ The impact of childhood trauma
- ✓ Supporting trauma reactions using a body-based approach
- ✓ Trauma triggers and creating a safe environment



Day 2

- ✓ Exploring the programmes
- ✓ The art and benefit of 'being with' rather than 'doing to'
- ✓ Becoming a trauma sensitive Healing Together practitioner

93%

Said... as a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work.

Delivery of the Healing Together programme is an important part of our journey in Manchester becoming a trauma informed and trauma responsive City. The resources are accessible and enable our voluntary sector and school partners to work in a safe, relationship focused way with our children who are impacted by trauma.

Gareth Nixon, Programme Lead - ACEs and trauma informed practice, Manchester Population Health



Support Hub

We had many questions to ask, and all were answered very quickly and informatively.

We are invested in supporting our Healing Together facilitators, and therefore we provide the wrap around support. It is crucial that our facilitators deliver the Healing Together programmes with children and/or parents/carers after they have become accredited. This ensures children, parents and carers can access early trauma informed help.

Online Portal

The online portal houses all the resources a facilitator requires to deliver the programmes. Everything is available at a click of a button, and all resources can be printed and downloaded to ensure facilitators have everything they need. This includes, pre-assessment documents, session manual, trauma informed video animations and worksheets.

Delivery Consultation

Facilitators can access unlimited delivery consultation from our team of experts. We will contact facilitators to monitor their delivery progress and arrange meetings should they need delivery support. The online portal also houses the video demonstrations, so the facilitator can learn more about how to deliver each session.

We are invested in supporting all of our facilitators and work closely with them to ensure they are competent and confident to deliver the programmes.

Impact Administration

Facilitators can upload the raw anonymous data (pre and post programme evaluation forms) via the online portal. Our impact administration team can analyse the data and provide an impact report.

Healing Together Community

Facilitators will be able to access our online community forum 'Mind Space' so they can connect with other facilitators nationally, share resources and support each other.

Ongoing CPD

We host on-demand webinars that are delivered by experts to ensure our facilitators can continuously develop their knowledge and skills.

Staff were nervous about delivering the programme for the first time, but on-going support has further developed their confidence and understanding of the programme.

We have found the post-training support from Innovating Minds exceptional.



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